

Frugal Foodie Friday: Easy, Low-Fat Sweet Dijon Dressing

You may have noticed my recent obsession with salads and homemade salad dressings since early summer. First came the Sweet and Tangy Non-Fat Curry Vinaigrette, followed quickly by the Scrumptious Sesame-Orange Dressing. But, I had yet to attempt my favorite dressing, honey dijon. You see, my husband just isn't a fan of anything resembling honey mustard. But, I finally found my opportunity one day (when his lunch was already take care of) to whip up a batch just for myself. I looked up several recipes for this everyday dressing, but all sounded a bit muddled in my opinion. Mayo, yogurt, pepper, onion … too many distractions from the simplistic deliciousness that the basic honey and mustard combo can offer. So I winged it, and came up with my own, surprisingly simple concoction that was delicious, dairy-free, soy-free, gluten-free, and extremely low fat to boot! It can be made with either honey or agave (keeping it vegan), which is why I label this oil-free condiment Sweet Dijon Dressing. The recipe is viewable here on One Frugal Foodie.